

# FORT MCCOY SAFETY INDUSTRIAL OPERATIONS PROGRAM

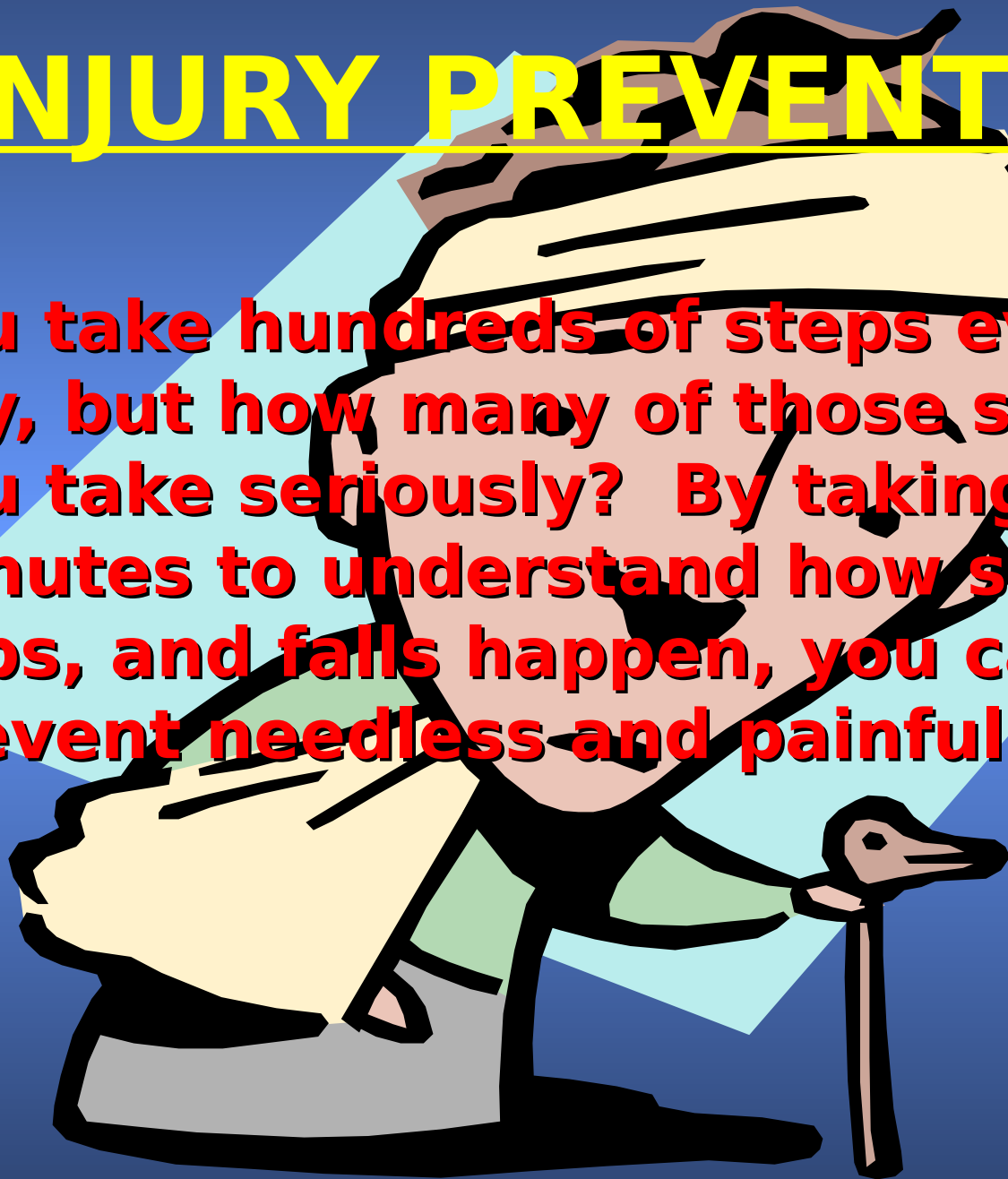
## **SLIPS, TRIPS, AND FALLS**

Jan 02



# INJURY PREVENTION

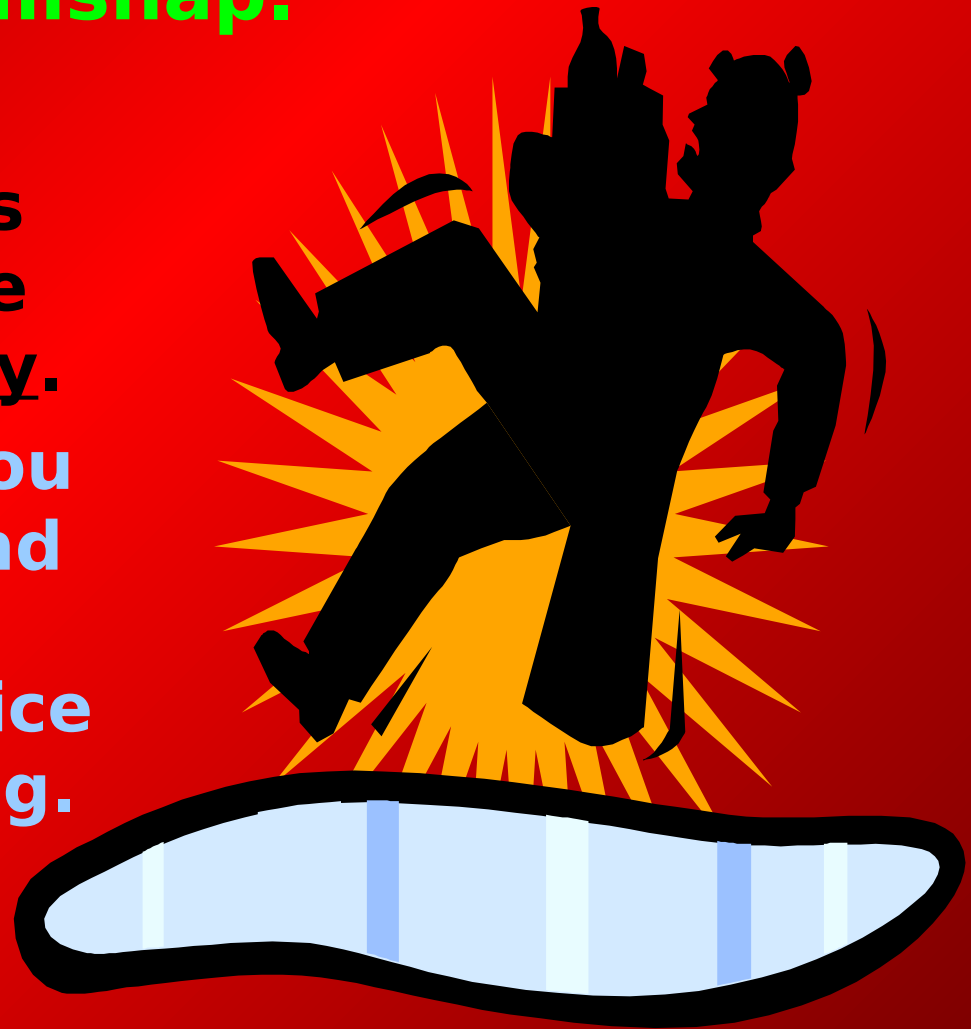
**You take hundreds of steps every day, but how many of those steps do you take seriously? By taking a few minutes to understand how slips, trips, and falls happen, you can prevent needless and painful injuries.**



# SLIPS!!

:to slide along smoothly resulting in a sudden mishap.

- Weather conditions may cause the floors to be wet or the ground to be icy.
- Watch where you are stepping and use caution on wet floors and ice to avoid slipping.





# Control Measures

- Ensure adequate lighting.
- Have ice-melt and a shovel near all entrances for employees to use when necessary.
- Use appropriate mats at all entrances.
- When walking on known slippery surfaces:
  - Walk slowly - flatfooted
  - Bend knees and lean forward slightly
  - Point toes outward
  - Wear high traction footwear

# TRIPS!!

to catch the foot  
on something so as to stumble.

- Damaged steps or misplaced items are major factors in trips.

- Make sure that steps you use often are in good shape and that items (that do not belong on the steps) are out of the way.

- Use handrails when ascending or descending stairs.



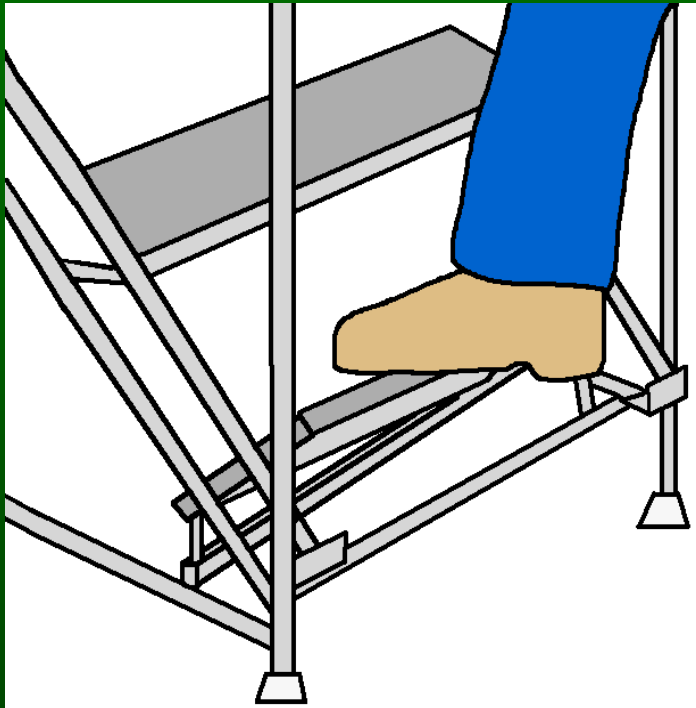


# Control Measures

- Ensure workstation is kept clean and neat – void of objects which may cause tripping.
- Appropriate lighting.
- Do not attempt to carry items that may block your vision by yourself- get help.

# FALLS!!

to descend freely  
by the force of gravity.



- Eliminate the hazard when possible (i.e. broken chair, unstable ladder, etc...)
- ▮ Practice good judgement - Don't lean back in chairs, don't climb on unstable shelving or tables.



# Control Measures

- Use Fall Protection – Harness and lanyard when required.
- Maintain three points of contact when climbing in and out of vehicles /industrial equipment.
- Avoid carrying equipment in your hands while climbing.

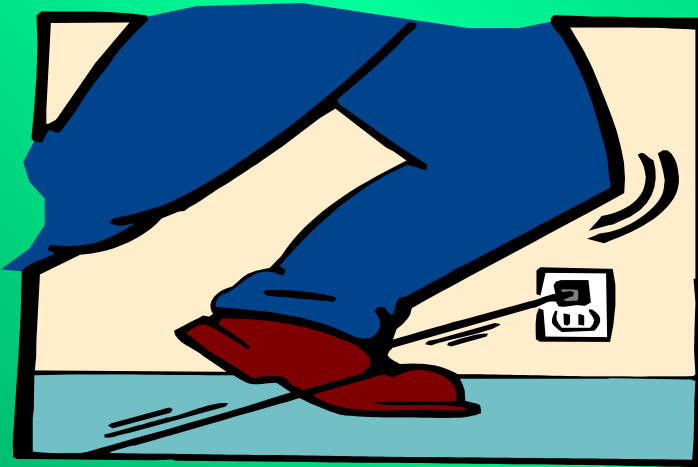


# FOOTWEAR



- **Use good judgement with regard to footwear while on duty. Be certain footwear is in good condition and appropriate to your job function and outside weather condition.**

# OTHER HAZARDS



Pick up objects and move extension cords to eliminate the potential for injury.

**Prevent a potential injury by cleaning up spills and wet floors.**

**Keep isles and walkways clear of clutter or obstructions.**



# WHAT CAN YOU

## DO?

- ✓ If something is creating a potential slip, trip, or fall hazard fix it (clean it up - move it).
- ✓ Place signs to warn others of the potential hazard.
- ✓ If you can not fix it - Place a work order so that Directorate of Support Services (DSS) is aware of the problem.



# Notify Supervisor

- Employees should immediately report all work related injuries to their supervisor.
- Fort McCoy Regulation 385-10 requires an Accident Report (FM Form 385-1) be filled out and forwarded to the Safety Office.
- Place a work order or use the Report of Unsafe Conditions form to get the problem fixed.





**ON THE JOB**

**SAFETY**

**BEGINS WITH YOU!**